



Caleb Rowden
The Caleb Rowden Band is scheduled to perform a free concert at 6 p.m., tonight, at Gerlach Field. Gates open at 5 p.m.
Rowden made his solo debut on the Contemporary Christian charts in 2006 with the single, "You Are Holy." His latest single, "Made" charted at number 12 on the Radio and Records Inc. charts.
The concert is open to the public.
For more information, call 596.6913 or go online to fortleonardwoodmwr.com.



Old Settler's Day
The 28th annual Old Settler's Day festival is scheduled from 10 a.m. to 4 p.m., Saturday, at Waynesville City Park. The annual festival includes music, dancers, food, vendors, a quilt show a Mountain Man campground and the 19th annual Armed Services YMCA duck races.
The festival is free and open to the public. For more information, call 774.5315 or visit www.oldstagecoachstop.org.



Texas Hold'em
Morale, Welfare and Recreation presents Texas Hold'em Hawaiian Style, at 5:30 p.m., Aug. 1.
The marathon tournament lasts until the last player wins. Cost is \$20.
Open to players 18 and older. Register at Information, Ticketing and Registration or online at fortleonardwoodmwr.com.
For more information, call 596.6913.

On stage
The Lyric Live Theater presents "The Fledgling," a comedy by Jay Turley, at 8 p.m., Friday and Saturday, at the theater located at 117 First Street in Newburg, Mo.
The play tells the story of a family whose world is turned upside down when their self-absorbed daughter brings home her new boyfriend.
Tickets are \$6 at the door, \$4 with a military ID.
For reservations or more information, call 573.341.9071 or visit the theater online at www.lyriclivetheater.com.

Kricket Alley
Local band Kricket Alley is scheduled to perform from 7 to 10 p.m., Aug. 2, at Blackjack Lounge, located inside Pershing Community Center. The concert is open to the public. For details, call 573.329.2181.

Leisure

Thursday, July 24, 2008

GUIDON

We all scream for ICE CREAM!

*Experience
fabulous frozen
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Show-Me State's
ice cream shops*

Missouri Division of Tourism

- J**EFFERSON CITY, Mo., — Missouri has some great ice cream, and with July being National Ice Cream Month, now is the perfect time to include a scoop or two in your Missouri travels.
- To get you started, here is a list of 31 great places to enjoy your favorite frozen confection in the Show-Me State. So take time to plan a day trip or even an ice-cream-themed vacation.
1. Have an ice cream cone on the lawn of Forest Park. Why? This spot is the birthplace of the ice cream cone. At the St. Louis World's Fair in 1904, when the ice cream vendor ran out of paper cups and spoons, he placed the ice cream in a rolled up waffle that the man in the next booth was selling.
 2. Visit the state capital of Jefferson City and raise your ice cream cone in a toast to Missouri's official state dessert. Be sure to tour the Capitol. It's been noted as one of the nation's most beautiful.
 3. Cool off with cantaloupe ice cream from Serendipity Homemade Ice Cream. The Riverfront Times readers selected Serendipity the Best Ice Cream in St. Louis.
 4. Go nuts choosing between three great ice creams made with Missouri Ozark black walnuts: black walnut, caramelized black walnut, and black walnut turtle — all are available at Hammons Black Walnut Emporium in Stockton.
 5. Pamper yourself with a classic milkshake and homemade diner fare at Soda Fountain Square. It's pure comfort food and drink in St. Louis' historic Lafayette Square.
 6. Get a taste of thick, creamy sweetness at Custard's Last Stand, with shops located in Lee's Summit, Warrensburg and Blue Springs.
 7. Soar on a sugar high with a Skyscraper Shake at Winstead's, an authentic 1940s diner, complete with a soda fountain and jukebox, at Kansas City's classy Country Club Plaza.
 8. Lick up the cake batter malt at Hannah Banana's Gourmet Ice Cream in Springfield. Then head to the ballpark for a Springfield Cardinals minor league game.
 9. Meet up with friends for a spiked milkshake at Chef-Burger, and then dance off the calories at one of the night-clubs in Kansas City's hot new Power & Light District.
 10. Groove out at Emack & Bolio's in Springfield — an ice cream shop featuring outrageous flavors like Deep Purple Cow and Meyer's Rum Raisin.
 11. Discover the newport sundae (whipped cream and nuts) at Crown Candy Kitchen. A St. Louis landmark since 1919, Crown Candy Kitchen's flavorings are blended in an antique copper candy kettle.



Courtesy images

Long before the arch, St. Louis was known for ice cream. The ice cream cone was introduced there during the 1904 World's Fair.



12. Experience a rich, homemade lumpy or smooshie at Murray's Ice Creams & Cookies in Kansas City's Westport. Allow time to do some shopping in this interesting

- neighborhood.
13. Ask for a "grown-up" shake at City Diner in St. Louis. These creamy, thick milkshakes include a shot of your choice of liquor.
 14. Reach out for an upside down concrete at Ted Drewes Frozen Custard. For nearly 80 years, this St. Louis shop has been serving shakes that are so thick they won't fall out of the cup when turned upside down.
 15. Break from tradition with tantalizing flavors such as green tea, pineapple upside-down cake or wine at Sparky's Homemade Ice Cream in Columbia.
 16. Hang out in Branson for a banana split at the 1950s soda fountain-style Cakes 'n' Cream Dessert Parlor and show at Dick Clark's American

See **ICE CREAM**, Page C2

Gospel music fest returns to Lebanon, Aug. 6

GUIDON staff

The Cowan Civic Center in Lebanon will once again be the host of one of the nation's premier gospel music events, when the Brumley Gospel Sing returns to Missouri to celebrate its 40th anniversary.

The music festival, which draws thousands of visitors to the community 25 miles southwest of Fort Leonard Wood, is slated Aug. 6-9.

"We'll kick off this special anniversary on Wednesday night (Aug. 6) with cake and punch for everyone attending the show," said Duane Garren, the event's director of marketing. "For the Saturday night finale, we're planning to show a special 'through-the-years' video that is sure to be a real crowd pleaser."

More than 30 gospel artists are scheduled to perform six concerts over the four-day event. The lineup includes well-known acts such as the Gold City quartet and the Chuck Wagon Gang, which features three generations of performers.

"From the 1940s to the 1960s, they were the top-selling act for

Columbia Records," Garren said of the Chuck Wagon Gang. "We are quite fortunate to have them at the Brumley Gospel Sing."

Other featured artists scheduled to perform include the best-selling trio Greater Vision, The Perrys, the Inspirations, McKameys, Dove Brothers, Dixie Echoes, Jeff and Sheri Easter, the Blackwood Brothers, the Primitive Quartet, the Diplomats and more. Also slated to take the stage are the ventriloquist act Geraldine and Ricky, Barney Fife impersonator Larry Delawder and comedian Aaron Wilburn.

"He writes his own songs and material, and has had more than 4.5 million hits on YouTube," Garren said of Wilburn. "The magic of the Brumley Gospel Sing is you can have old-time gospel like the Chuck Wagon Gang, and then there's the Booth Brothers, who are totally modern. Some of these groups have been in the business more than 50 years, and others are up-and-coming. It's always a fantastic mix."

The Brumley Gospel Sing is held in honor of the late Albert Brumley,



More than 30 professional music acts are scheduled to perform during The Brumley Gospel Sing, slated Aug. 6-8, at the Cowan Civic Center in Lebanon.
File photo

a Missouri native who wrote more than 800 songs, including the gospel classics, "I'll Fly Away," "Turn Your Radio On," and "I'll Meet You In the Morning." His songs were featured in the award-winning 2000 movie, "O Brother Where Art Thou?" and have been recorded by numerous artists.

"We always look forward to August, when the Brumley Gospel Sing returns to Lebanon," said Gail Bryant, director of the Lebanon Convention and Visitors Bureau.

Up to 25,000 people are expected to attend the concerts at this year's

Brumley Gospel Sing.

Show times are 7 p.m., Aug. 6-8, and at 6 p.m., Aug. 9.

Tickets are \$15 for one evening show; \$25 for two shows; \$34 for three and \$42 for a festival-wide pass. Tickets for children ages 6 to 12 are \$4 per night; children 5 and younger are admitted free.

Tickets are available locally at the Pulaski County Tourism Bureau, or by calling 800.435.3725 or online at www.brumleymusic.com.

(Editor's note: Information provided by the Lebanon Convention and Visitors Bureau.)

Hillbilly Bar-B-Q Cook-Off a tasty celebration

Lake of the Ozarks festival Aug. 1-2

Special to GUIDON

The Three Little Pigs will get their revenge, and visitors will get to sample some great food at the 16th annual Laurie Hillbilly Bar-B-Q Cook-Off, scheduled, Aug. 1-2, at the Laurie Fairgrounds off Highway 5 at the Lake of the Ozarks.

"Huffin' and Puffin' BBQ" is the theme of this year's festival, with a logo depicting the Three Little Pigs twirling the Big Bad Wolf on a spit over a fire pit. The 12th annual Kids Q also will give up-and-coming grillers, age 5 to 15, a chance to strut their barbecue stuff.

"Last year a record 80 teams participated, and about 40 kids also competed," said Susann Huff, Cook-Off chairperson and Laurie Events and Parks coordinator.

"People love to participate and watch this event because it's just a lot of fun. Also, there are so many great family-oriented activities

here at the lake," she added.

Bar-B-Q Cook-off participants will compete in chicken, pork ribs, beef brisket, pork shoulder or Boston Butt categories. In addition, the "open" category includes anything prepared on-site.

Cash prizes totaling \$5,475 will be awarded, including \$1,000 for the Grand Champion. Prizes also will be awarded to the top scoring local team and for the booth that best illustrates this year's theme (expect to see a lot of pigs and wolves). Judging is scheduled to start at noon, Aug. 2.

Kids Q contestants will grill hamburgers, sausage or hot dogs. Prizes will include savings bonds, trophies, ribbons and certificates. Kids Q judging will start at 10 a.m. on Saturday.

The fun begins, Aug. 1, with a dance from 7 to 11 p.m. at the Happy Holler Beer Garden featuring Cook-Off favorites, the Young Country band. Contestant-cooked chicken wing samples will be given away from 6 to 8 p.m. Evening activities also include the popular Buck-A-Duck Races (featuring yellow rubber duckies floating down a waterwheel-driven stream) plus a drawing for prizes,



Courtesy photo

Outdoor chefs of all ages will compete for prizes and bragging rights at the Laurie Hillbilly Bar-B-Q Cook-Off and Kids Q competition.

including a \$250 gas card and \$100 cash.

The Happy Holler Beer Garden will open at noon, Aug. 1, and at 11 a.m., Aug. 2. Tasty lunches and dinners also will be available at the Hillbilly Smoke Shack.

The Hillbilly Bar-B-Q Cook-Off is sanctioned by the Kansas City Barbecue Society. The Laurie winner will earn an invitation to the world's largest barbecue contest held in

Kansas City each fall at the American Royal Livestock, Horse Show & Rodeo. The winner also may be selected for the annual Jack Daniel's cook-off in Tennessee. Last year's winning team was Kansas-based Four Men and a Pig.

Barbecue teams still may enter the Cook-Off for \$125 per team. This year's proceeds will help provide a new row of RV spots at the Fairgrounds campground and other park improvements, Huff said.

"The Cook-Off always is such a fun event for contestants and spectators. In fact we think it's one of the best events at the Lake," she said. "We always look forward to it because the whole town smells like barbecue!"

For more information about the Laurie Hillbilly Bar-B-Q Cook-Off, call Huff at 573.216.9358 or 573.374.8776, or send an e-mail to laurievents@aol.com.

To find out more about all the events, activities, shopping, attractions, lodging and dining at the Lake of the Ozarks, call 800.386.5253 or visit www.funlake.com.

(Editor's note: Information in this story provided by the Lake of the Ozarks Convention and Visitor Bureau.)

Ice cream

From Page C1

Bandstand Theatre.

17. Order a Mississippi Float at Fitz's American Grill & Bottling in St. Louis — and taste what happens when chocolate ice cream meets the incredible smoothness and thick, creamy texture of Fitz's Root Beer.

18. Accept no impersonations. Go to a St. Louis area Silky Freeze for the Elvis, a vanilla frozen custard with pretzels, caramel and melted chocolate.

19. Take the whole family to Central Dairy in Jefferson City, an old-fashioned ice cream parlor serving up the finest sundaes, malts, shakes, banana splits and other ice cream concoctions.

20. Treat yourself to ice cream made the truly old-fashioned way: churned in an oak tub packed with ice and rock salt at Riddle's Penultimate Café in St. Louis.

21. Learn just how good fresh ice cream can be at Buck's Ice Cream Place, a long-time educational establishment on the University of Missouri campus in Columbia.

Tour the campus museums and Botanic Garden while you're there

for a full day of tasty and educational family fun.

22. You gotta taste it to believe it: Buck's Tiger Stripe Ice Cream is dropped into a hearty handcrafted stout to create the wild tiger float at Flat Branch Pub and Brewery in Columbia.

23. Go in search of a regional favorite: Shake's Frozen Custard in Carthage, Columbia, Joplin and Webb City. Great places, great ice cream.

24. Top off a delectable dinner at Lydia's in Kansas City with a dessert served warm with grappa-cherry ice cream. It's the perfect way to kick off an evening on the town.

25. Travel back in time for hand-dipped ice cream at Becky's Old Fashioned Ice Cream Parlor in Hannibal, the hometown of Mark Twain and an antique-shoppers' delight.

26. Stop into After 24 Hour Diner & Games in St. Louis for the house specialty: a white-chocolate milkshake laced with caramel. Then make your way to more fun at the zany City Museum.

27. Savor fresh-from-the-hive honey ice cream during a visit to Walk-About Acres in Columbia. It's an ideal way to spend a July day.

28. Host a happy hour featuring wine floats. Adam Puchta Winery in Hermann suggests pouring Riefenstahler (a sweet red wine full of rich blackberry jam characteristics) over ice cream. Cheers!

29. If you're feeling really adventurous, try Stilton Bleu Cheese Ice Cream With Black Truffle Honey and Fried Salt-Cured Bacon, a recipe of Anthony Devoti, owner and executive chef of Five Bistro in St. Louis.

30. Create your very own ice cream specialty. Start with farm-fresh milk direct from Shatto Milk Company Country Store in Osborn or Heartland Creamery in Newark.

31. Wrap up National Ice Cream Month by making plans to enter your homemade ice cream creation in the Annual Fayette Freeze Off, Aug. 2, on Fayette Courthouse Square. Or just go for the flavorful fun.

There will be food, entertainment and a homemade ice cream competition.

To discover more places to chill out in Missouri this summer, go to www.VisitMO.com or call 800.519.4800 to order a free Official Missouri Vacation Planner.



Courtesy photo

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St. Louis Cardinals

The Association of the United States Army is sponsoring Fort Leonard Wood Appreciation Day, Aug. 2, at Busch Stadium in St. Louis.

The St. Louis Cardinals will take on the Philadelphia Phillies at 6:15 p.m.

Tickets are \$13 per person, and include a free tailgate party at 3 p.m.

Tickets are available at the Information, Ticketing and Registration office. For more information, call 329.8587.



Weightlifting contest

A Bench Press and Dead Lift Competition will be held at Specker Gym, Aug. 9.

Entry fee is \$5 per person. Competition is open to authorized patrons ages 18 and older.

Register by noon, Aug. 7 at Davidson Fitness Center.

For more information, call 596.4359.



Youth sports

Friday is the deadline for parents to sign their children up for the fall youth sports seasons.

Children ages 6 to 11 can register for the Child and Youth Services Flag Football and Cheerleading seasons, which begin Aug. 11.

Children ages 4 to 14 can register for the CYS Soccer season.

Cost is \$30 per child. All children must be pre-registered with CYS and have current shot records and a sports physical.

For more information, call 596.0238.

Bowhunting class

Enroll now for the Bowhunting Basics class, scheduled from 8 a.m. to noon, Aug. 9, at the Outdoor Adventure Center.

The class is free. Students will learn scenting, camouflage, tree-climbing basics, shooting and safety.

For more information, call 596.4223.

Sports

Thursday, July 24, 2008

GUIDON

Section C Page 3

Strong defense leads to 577th Engr. Bn. win



Story and photos by B.J. Worley
GUIDON staff

The 577th Engineer Battalion beat the 3-10th Infantry Battalion, 6-2, July 15, at Softball Complex B.

The 577th Engr. Bn. team members credited their win to strong defensive play and an offense led by Rick Laird, who went 4-for-4 with three singles and a double.

"We had two people on, and I hit a line shot out to center field between the left and right center fielders," Laird said, describing his first hit. "My second at-bat was the same, but

I got a double. And the two after that were same place."

The 577th Engr. Bn. defensive play was effective, because they practice at least twice a week and have talented players on the team, Laird said. The team has a solid shortstop, Scott Ritchie, third baseman, Jason Shilling, and an awesome pitcher, Ed Rojas, Laird said.

The weather was nice for the evening, and the team's defensive efforts paid off at-bat and in the field.

Morale, Welfare, and Recreation sports specialist Danny Howell was present at Softball Complex B to



ABOVE: Frank Andrews, 3-10th Infantry battalion pitches while teammate, Ryan Lergall, watches from the outfield. LEFT: Scott Ritchie, 577th Engineer Battalion gets a hit against 3-10th Infantry Battalion, July 15.

oversee the evening's games. Howell shared the schedule for the rest of the season and tournament.

The Commander's Cup tournament is scheduled to start, Aug. 11. There aren't any league games scheduled the week preceding the tournament, but Howell is scheduling make-up games.

"I'm going to take some of those teams that lost a game or two to forfeits and get them extra games. They don't mean anything for the standings, just to get some extra at-bats in that week off," Howell said.

There are extra funds that will cover umpires and related expenses for the games. And even with games rescheduled due to rain, there have been more games this year than at this point last year, Howell said.

"We had one day rained out last week,

Wednesday night. But teams have been pretty good about showing up; it's been a decent competition," he added.

The 3-10th Inf. Bn. lost, but they aren't dwelling on that. The team is focusing on the Commanders Cup, and they're trying to do well in the season leading up to it, pitcher Frank Andrews said.

"It's good to get some time off, a little stress relief. But, it's been kind of tough for us, we have guys out training that couldn't get off to come here and play," Andrews said.

The 3-10th Inf. Bn. scored their first run off a base hit up the middle by Andrews. Their outfield rover, Ryan Lergall, got their second run. The 3-10th Inf. Bn. season record is 1-4.

For more information, contact MWR sports office at 596.7444.

Tee time lifts spirits of Warriors

Program helps wounded veterans from Iraq, Afghanistan conflict, to participate in number of sports activities

By Alia Naffouj and Kristen Marquez
Army News Service

ARLINGTON, Va., —Wounded Warriors and congressmen hit the links together, July 14 at the Army-Navy Country Club for the Congressional Charity Golf Classic.

The golfers were taking part in the tournament to benefit the Wounded Warrior Disabled Sports Project.

The morning began with a clinic by PGA professional Judy Alvarez and a Wounded Warrior demonstration of adaptive equipment.

The 23 teams of four competing in the event had five wounded warriors among the participants.

Julia Ray, Wounded Warrior Disabled Sports project manager of program services, said this experience has an impact because the Wounded Warriors no longer focus on the things they can't do, but on the things they can. It also helps family members and friends to deal with the changes.

"This tournament is a chance to play after they have completed an eight-week program which we have been doing in partnership with PGA of America," Ray said. "I think that these guys may not have had a lot of experience dealing with disabilities until they were injured themselves.

"What we do is take them out immediately after their injury and show them something that they can do."

One of the Wounded Warriors participating was retired Lt. Col. Dennis Walburn, who was injured by an improvised explosive device in Mosul, Iraq, in 2005. Walburn said the golfing event gave him the opportunity to support Disabled Sports USA, who supported him when he needed it.

"Disabled Sports has got me up skiing again and taught me how to really play golf, although I'm not showing that much today," Walburn said. "It is a chance for folks to get back into life, especially when you are first



Retired Lt. Col. Dennis Walburn sinks a putt during the Congressional Charity Golf Classic, July 14, at Army-Navy Country Club in Arlington, Va. Golfers participated to help benefit the Wounded Warrior Disabled Sports Project.

hurt and you are worried about your body image; you are worried about your ability to interact with people in public. Events like skiing and golfing get you back. You start chatting with people and you just start having a normal life again."

The golf tournament at Army-Navy Country Club actually traces its beginnings back to 1971, when a tourney began bringing together current and former members of Congress. But this year is the first time it has benefited a charity.

The Wounded Warrior Disabled Sports Project is a partnership between Disabled Sports USA, its chapters and the Wounded Warrior Project, providing year round sports programs for severely wounded servicemembers from the Iraq and Afghanistan conflict and the Global War on Terror.

Transform your body, life

By Phyllis Ward
Special to GUIDON

Is that really possible to transform your body?

I know quite a few Marines, Sailors and Soldiers who will tell you, absolutely.

Last year, we started a popular 12-week challenge at our military base Camp Fallujah in Iraq. Being the Morale, Welfare and Recreation department, we wanted to offer a program we believed to be of great value to our troops.

The excitement and level of participation was exhilarating. Even working long days and out on missions, these people were on board with the program. They were in to win.

It would have been really easy for them to quit or not even start at all given the limitations they had.

First, as I mentioned above, many of them work very long hours. It's not uncommon to work 12- to 16-hour days, seven days a week in Iraq.

I remember a Navy captain telling me that after working in the operating room until after midnight, her commander was waiting for her to go to work out. Her commander wasn't even in the challenge but she wanted to support one of her nurses.

The second challenge is the limited equipment. One advantage that the troops have is that we are open 24 hours a day, seven days a week. I believe we have a nice gym and a good deal of equipment, but it's not like the

See TRANSFORM, Page C4



Ward

Athlete of the Week

DeAndre Rodgers

Hi! My name is DeAndre Rodgers and I live in St. Robert, Mo. I have been chosen as the athlete of the week for basketball. My team, the 58th Transportation Battalion won the Fort Leonard Wood post championship! For 10 years, I have participated in this activity. I enjoy this sport because of the competition. In the future, I hope to continue to play sports. I'd like to thank God for blessing me with the talent to play basketball as well as I do. My other hobbies include playing video games.

Congratulations DeAndre!

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Schumacher takes fourth pole of the season

U.S. Army Racing

KENT, Wash., —Tony “The Sarge” Schumacher piloted his U.S. Army Top Fuel dragster to the number-one qualifying position for tomorrow’s 21st Annual Schuck’s Auto Supply NHRA Nationals at Pacific Raceway, Saturday.

Schumacher, who came into this weekend leading the NHRA POWERade Top Fuel championship race, captured his fourth pole position of the 2008 season and 51st of his career. He recorded the quickest elapsed time in three of the four qualifying runs, with his 3.802-second lap at 316.9 miles per hour in Friday’s second round earning the top

starting spot.

“But being number one doesn’t mean anything tomorrow on race day, because there are no easy cars out there, no easy rounds,” he said. “Like our Soldiers around the world protecting our freedoms, we always have to stay focused, to stay on our game. We, like those brave men and women, cannot take anything for granted.

“Even that last run (4.927 seconds at 141.25 mph), where we smoked the tires, has a purpose,” he explained.” The weather for that run was probably



Schumacher

“Being number one doesn’t mean anything on race day because there are no easy cars out there, no easy rounds.”

Tony “The Sarge” Shumacher

U.S. Army Top Fuel driver

closer to what we will have tomorrow, so (crew chief) Alan (Johnson) wanted to find out what the track could take. He’ll use the data from that round and figure out the best setup for Sunday.”

The Chicago-area resident added a 3.809-second lap at 315.86 mph in today’s first round under much more favorable weather conditions and a

3.821-second e.t. at 314.97 mph in Friday’s initial lap during the two days of qualifying.

Schumacher’s goal is to maintain his season-long strong performance and repeat his success at this event. He has won six of the first 13 races in 2008, including eight final rounds. In addition, he has been to

the finals here the last four years, winning three of those races. “I have no idea why we are so successful here,” said the reigning and five-time NHRA POWERade Top Fuel Champion. “I’ll just go to bed early tonight, take my vitamins; when I get up tomorrow morning and then go racing.”

Transform

From Page C3

nice health clubs in the states.

The third challenge is the climate. How many of us want to work out when it’s 130 degrees outside and the air conditioning inside can only keep it to a pleasant 90 degrees? Most of us, myself included, would be looking for a tall glass of iced tea rather than a treadmill.

Fourth, how do you get in six meals a day when the dining facility is open three times a day? Not only are you limited to the times you can go to chow, you are also limited to the selections you have.

Remember when you were a kid and your mother told you, “eat what’s on your plate or go hungry?” That’s pretty much the way it is. In between they had to hope the PX had protein shakes and bars or packets of tuna. They didn’t have the luxury of going to the local health food store, and although we can order online, it takes a while to get mail to Iraq.

I know that each of them had their own challenges that I’m not even aware of. Although I believe MWR does a great job of offering resources for the troops, the phrase, “Dorothy, you ain’t in Kansas anymore,” applies.

At each four-week mark in the challenge, we asked our challengers to come back in for body-fat testing, a weigh-in and new pictures to compare to their “before” picture.

Remember the title to this column “Transform Your Body-Transform Your Life?” The change in their personalities was unmistakable. I have a few favorites that I would like to share with you.

Early in March, Maj. Quinones came to me to talk about his weight. He was overweight by Army standards, and he was getting some pressure about it. He wanted to know how to lose a number of pounds in one week. I don’t remember the number but it was completely unrealistic. We talked for close to an hour about nutrition, diet, exercise and the lifestyle changes that needed to be made.

I felt like I was reaching him, but he actually hadn’t heard a word I had said. He was only interested in the pounds he needed to lose in a very short time frame.

I asked him to keep a food diary for me for the next few days. I was astonished to see he was only eating around 800 calories per day and putting in tons of cardio. There are rabbits that eat more than he did.

When I suggested he wasn’t eating enough and should add weight training, he was listening, but I think I lost him after I told him he needed to eat more.

When the challenge came along, he decided to go for it.

When he came to his four-week body fat measurement, he was actually smiling. He was once very tense, but he seemed to have “lightened up.”

By the eight-week mark, I was amazed at the definition in his body and the change in his demeanor. Could this be the same guy? The transformation in his body was making a transformation in his life.

It makes perfectly good sense. When you feel good about yourself it spills over into every area of your life. You are more productive, you have a sense of accomplishment, and you feel better.

All of us want to succeed at what we try, but few of us want to operate in self discipline and self control. But self discipline and self control equal self confidence.

My next transformation hero is a Marine. His name is Master Sgt. Thomas French. I always call him “Top.”

As Top will tell you, he was disgusted with the way he looked. The challenge that Top had was that although he knew everything there was to know about sports, he had no clue about nutrition, supplements or working out. Also, his schedule could sometimes be hectic. We spent all of our weekends together.

That was a bit of a teaser line, so let me explain.

My job as an MWR coordinator was to coordinate all the sports tournaments and events. Each and every month we of-

fered softball, football, basketball, fun runs, horseshoes, soccer and any other tournament we could think of. Top was always there to volunteer as a coach, referee, pitch or any other place he could help out. If we had a tidily-winks tournament, he would have been in on that, too. He volunteered a lot of time.

Top began researching everything he could to find out more, and if I had a nickel for every question he asked me, I would be a rich woman.

He took fitness classes, and before long, he was teaching them. His Marines began to ask him about the amazing changes he was making in his body. He started spreading the gospel of fitness, and people were listening.

Being out on the field every weekend, he also had the challenge of meals. He began loading up his backpack with protein bars and tuna packets and timed his meals to the minute. We might have even had to call time outs so he could eat. I’m exaggerating, but only slightly.

By eating a clean diet both of the challengers overcame some health issues they were experiencing as well.

As I look for the common thread of these champions I would have to say it was the support system helped them the most. The military, and especially in Iraq, support each other with everything they have.

They also had the support of the MWR staff. If we weren’t seeing the results they were expecting, we analyzed diet and exercise and made changes.

Second, I would say accountability played a role. Those that stayed in the race knew they would be coming in for body fat testing and pictures. They did not want to fail themselves or anyone else.

Transforming their bodies gave them the persistence, confidence and perseverance to keep going.

I can say with complete confidence that if you transform your body, you can transform your life.

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The collage displays four different views of the myGuidon.com website. The top-left screenshot shows the homepage with a 'Waynesville State Championship Football Game' article and a 'Report your Office Chameleon sightings' ad. The top-right screenshot shows a '795th MP's aim to three-peat' article with a photo of a soldier. The bottom-left screenshot shows the 'Your Community Calendar' section with a list of events like 'Annual 50s - 60s Street Dance' and 'Arts-Fiesta at Founders Park'. The bottom-right screenshot shows a 'Chem school gets name change' article and a 'Praise: just as important as criticism' article.

- **News, sports & commentary**
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The fun, fast, free, easy way to check in on local real time weather. If there are weather watches or warnings, no worries — Nimbus lets you know.

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Search 100's of activities throughout the region. Sign up and share your organization's events—Free.


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Leading the way.

DIVA DESIGN

Space issues? Carry a tape measure

By Cheryll Gillespie

Moving to a smaller space? Just because the home is smaller does not mean that it cannot be as grand and luxurious has your previous larger home.

Designers know a few secrets and rules to design with when it comes to smaller spaces.

The first is that you should never leave home without your floor plan and a tape measure. I have a floor plan (a room drawn to scale on graph paper — each square equals one square foot) for every one of my rooms, and I carry them with me in my car because you just never know when you will find what appears to be the perfect piece. When I head to the furniture center, I always bring in my floor plans and my tape measure and personally measure every piece I am considering. I never rely on the



Gillespie

measurements that I see on the price tags — perhaps it's an anal Virgo thing, but I have found them to be off a time or two.

The second is that my designer eyes are always open, as the perfectly-scaled dresser for your bedroom may be sitting in the youth furniture department or a brilliant diminutive dining table may be found in the outdoor furniture department.

Small space living requires thinking outside the box. Don't let labels limit you — if it works for your space, that's all that matters. What most folks don't understand with respect to furniture is that height is the most overlooked dimension in decor. If your space doesn't have soaring ceilings, keep your furniture low to the ground to ensure that your room has an open and airy feeling.

Even a small-scale piece can appear bulky if it's too tall. Conversely, if your small room has a fabulous high ceiling, a tall piece will create the illusion of space.

In a small space, less is more, and while you can certainly have a least



Courtesy photo

Use uplights to creat visual drama to small spaces.

one ornate element, it is generally best to keep clean lines amongst the furniture pieces.

For example, you sofa doesn't have to have arms, and the bed doesn't have to have a footboard.

Let's chat about color for a compact space. Remember that it is contrast that makes a space feel smaller, so the designer trick for a small home

is too minimize contrast with a controlled color palette. Two or three pops of accent hues against a peacefully monochromatic color scheme will give your decor instant sophistication. And remember, monochromatic doesn't mean neutral and boring — it can be bold and vivacious. This year we'll see lots of rooms designed with a monochromatic

red palette.

Art adds the personality in a room — in a small space, don't weigh down your walls with multiple, ho hum pieces of wall decor.

A better idea for the room is to employ a single large-scaled piece of art. This will give a compact space a confident and true sense of being a designer space.

Never underestimate the power of light. One of my favorite designer tricks is to create ambience with "up lights." These tiny canister lights can be placed on the floor, in a dark corner, behind furniture, or behind a tall plant. They can just as easily sit on a low coffee table or bureau, where they will cast an upward beacon of light that adds drama, dimension and a sense of architectural element.

Small spaces can be just as fabulous as a large space, just employ some designer know how to create big style.

Visit Cheryll online at www.cveryllgillespie.com.

(Gillespie is a syndicated home fashion columnist.)

Coming attractions:

Upcoming 'Clone Wars' movie spawns animated TV show

By Mike Hughes
Gannett News Service

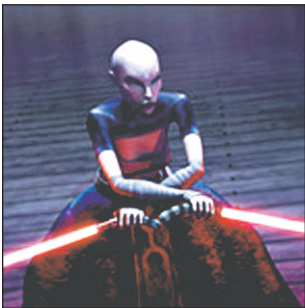
BEVERLY HILLS, Calif. — There's good news ahead for "Star Wars" fans.

The new, animated series has a high-tech, high-quality look. It also had a fan in charge.

"I remember driving home from the movie, sitting in the back of my parents' car, pretending my brother and I were Han and Luke, shooting the other cars," said Dave Filoni, supervising director of the upcoming "Star Wars: The Clone Wars" series.

He's 34, only three years older than the "Star Wars" film. He first saw it, he figures, during a re-release.

And now he's in charge of the cable series. It debuts this fall — specifics haven't been set yet — on the Cartoon Network, in a Friday lineup that includes two other new shows ("Batman: The Brave and the Bold" and "Secret Saturdays") and the return of "Ben 10: Alien Force."



A female Sith named Ventress is the new baddie in the "Clone Wars" movie and TV Show
Courtesy photo

In an unusual move, Filoni showed TV critics a complete episode on a big screen. The result might bring quibbles about the story — at times, Yoda seems too "all-powerful" — but it's visually dazzling.

"Computer animation is constantly expanding and constantly changing," Filoni said. "You can really push the limits."

He'd been working on traditional animation, including comedies ("King of the Hill,"

"The Oblongs") and adventures ("Avatar: The Last Airbender"). Then Lucasfilm pulled him to the other side.

"We try to look at computers as yet another incredibly advanced pencil," Filoni said. "The number of soldiers you see in the episodes of 'The Clone Wars' and the types of battles that we can do ... has grown."

The series follows this summer's release of the animated "Clone Wars" movie, which Filoni directed. Both the movie and the series are wedged into the time between two of the live-action films "Attack of the Clones" and "Revenge of the Sith."

A war is raging between the Galactic Republic and the separatists. The movie includes the familiar characters (Anakin Skywalker, Obi Wan-Kenobi, Yoda, C-3PO), plus an apprentice named Ahsoka Tano and a female villain, Asajj Ventress. All will be in the series, but Filoni said Ventress has evolved.

"I wanted to make her a little more intelligent, a lot more deceptive, but also kind of

sexual," he said. "She's kind of a forbidden fruit that walks around the Jedi who are supposed to be very hands-off."

For a network that started with old TV-cartoon reruns, "Clone Wars" is huge.

It "brings incredible marquee value," said Rob Sorcher, programming chief of the Cartoon Network. He expects "a dual audience ... a program a family will come to with a kid who may or may not be an existing fan."

Filoni considers himself a lifelong fan. The call from Lucasfilm in 2005 was unexpected, he said. He went to the interview, expecting nothing.

"I thought, 'Well, 'Revenge of the Sith' comes out in another month-and-a-half. So I will have a great story while I'm standing in line."

Instead, he had a 20-minute talk with George Lucas and then a surprise. "I had the job about five minutes later. So then I had to tell my wife we were moving to San Francisco."

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Department of Defense's Oldest and Largest Exchange Service to Mark 113 Years of Service and Support

DALLAS - As the Army & Air Force Exchange Service (AAFES) readies to mark 113 years of service and support to America's military, the command's mission remains basically the same: provide quality goods and services at competitively low prices and generate earnings to support Morale, Welfare and Recreation programs.

Established July 25, 1895, when the War Department issued General Order number 46 directing post commanders to establish an exchange at every post where practicable, AAFES continues to deliver a comprehensive and customer-focused benefit to troops and their families at installations throughout America, Europe, the Pacific and Middle East.

In addition to its flagship main base and post exchange facilities (aka PXs and BXs), modern AAFES operations now include convenience stores, car care centers, military clothing sales stores, fast food restaurants, retail concession services such as flower shops and gift stores, vending, telecommunications support and a wide variety of personal services through more than 3,100 facilities in 30 countries, five US territories and 49 states. The scope of current operations goes well beyond the conventional offerings the War Department might have envisioned in the late 1800's as AAFES even operates bakeries, water bottling activities and provides 24,000 meals a day to troops' sons and daughters at 92 Department of Defense Schools in nine countries.

Just like the merchants who supplied provisions to America's troops in the late 19th century, AAFES associates continue to live and work alongside those they serve. In fact, more than 350 associates are currently deployed to Operations Enduring and Iraqi Freedom, actively delivering a slice of Americana to troops through 85 BX/PX operations, 75 phone centers and 197 fast food restaurants scattered throughout the Middle East.

Closer to home, the largest and most senior exchange service is focused on energizing outreach efforts to communicate the value, benefit and capabilities it brings to the military community. Recognizing the pivotal role National Guard and Reserve troops are playing as they transition from a strategic force to an operational force, AAFES is specifically reaching out to "Citizen Soldiers'" families to ensure they understand the value of their exchange benefit not only down-range, but also on the installation, online or over the phone.

"AAFES' commitment to America's troops has never been stronger," said AAFES' Senior Enlisted Advisor Chief Master Sgt. Bryan Eaton. "Whether at their home station, deployed overseas, providing support in the wake of a natural disaster, or even in the hospital, AAFES is there."

Keeping in the spirit of exceptional service and support, BXs and PXs and the Exchange Online Store are inviting authorized customers to "celebrate the savings" beginning Friday, July 25. Exchange shoppers who stop by CONUS exchanges on AAFES' 113th birthday can score a \$100 AAFES gift card with purchase of a Sharp 37" LCD HDTV or pick up a Zvue "Spirit" MP3 player, preloaded with 15 patriotic themed songs, for the special buy price of \$31.13. Additionally, AAFES exchanges across the globe will feature a variety of local special incentives such as opportunities to win gift bags, coupons or gift cards. Authorized shoppers can contact their nearest BX/PX for specific details as contest and promotions will vary from location to location (contact information is available under the "store locator" link at www.aafes.com). More money saving deals will also be available at www.aafes.com, through July 31, including black diamond solitaire earrings discounted more than 45 percent and \$150 off an Apple 17" MacBook.

Since its establishment in 1895, AAFES has been involved in 14 major contingencies (to include the Spanish-American War, WWI, WWII, Korea, Vietnam, Grenada, Panama, the Balkans and Operations Enduring and Iraqi Freedom) and several dozen humanitarian and disaster relief contingencies.

AAFES is a joint command of the U.S. Army and U.S. Air Force, and is directed by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs.



Abrams Reel Time Express

The theater is located in Building 804 on Iowa Avenue. For more information, call 596.1267. (The following information was provided by Abrams Theater and is subject to change.)

Adult admission: \$4
Child admission: \$2

Today
Closed

Friday
Kung Fu Panda, 6 p.m., rated PG, Free

Saturday
Kung Fu Panda, 11:30 a.m., rated PG, Free
Get Smart, 1:30 p.m., rated PG-13
Studio Appreciation movie, 6 p.m., rated R, Free

Sunday
Get Smart, 1:30 p.m., rated PG-13

Monday/Tuesday/Wednesday
Closed



Kung Fu Panda

Enthusiastic, big and a little clumsy, Po is the biggest fan of Kung Fu around ...which doesn't exactly come in handy while working every day in his family's noodle shop. Unexpectedly chosen to fulfill an ancient prophecy, Po's dreams become reality



when he joins the world of Kung Fu and studies alongside his idols, the legendary Furious Five — Tigress, Crane, Mantis, Viper and Monkey — under the leadership of their guru, Master Shifu. But before they know it, the vengeful and treacherous snow leopard Tai Lung is headed their way, and it's up to Po to defend everyone from the oncoming threat. Can he turn his dreams of becoming a Kung Fu master into reality? Po puts his girth — and his girth — into the task, and the unlikely hero ultimately finds that his greatest weaknesses turn out to be his greatest strengths. Features the voices of Jack Black, Dustin Hoffman, Jackie Chan, Ian McShane, Lucy Liu, Angelina Jolie, David Cross, Seth Rogen, Michael Clarke Duncan, James Hong, Randall Duk Kim and Dan Folger. Rated PG for sequences of martial arts action. Running time: 93 minutes.



Get Smart

Maxwell Smart is on a mission to thwart the latest plot for world domination by the evil crime syndicate known as KAOS. When the headquarters of U.S. spy agency Control is attacked and the identities of its agents compromised, the Chief has no choice but to promote his ever-eager analyst Maxwell Smart, who has always dreamt of working in the field alongside stalwart superstar Agent 23. Smart is partnered instead with the only other agent whose identity has not been compromised: the lovely-but-lethal veteran Agent 99. As Smart and 99 get closer to unraveling KAOS' master plan — and each other — they discover that key KAOS operative Siegfried and his sidekick Shtarker are scheming to cash in with their network of terror. Given little field experience and even less time, Smart — armed with nothing but a few spy-tech gadgets and his unbridled enthusiasm — must defeat KAOS if he is to save the day. Stars Steve Carell, Anne Hathaway, Dwayne "The Rock" Johnson, Terence Stamp, Alan Arkin, Kenneth Davitian, Masi Oka, Nate Torrence, Craig Susser, Patrick Warburton and Cedric Yarbrough. Rated PG-13 for some rude humor, action violence and language. Running time: 99 minutes.



DINING OUT

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YOUR GUIDE TO AREA RESTAURANTS

MISC.

MORELLI HEIGHTS BAR AND GRILL
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In the heart of the Morelli Heights Complex, Fort Leonard Wood

Tuesday-Saturday 6 p.m. to 10 p.m. Happy Hour: Tues - Sat 6 p.m. - 8 p.m. Enjoy up to 50% off food and drinks. \$1 Domestic Draft. Open to authorized MWR patrons and their guests.

BLACKJACK LOUNGE

In the Pershing Community Center, Fort Leonard Wood

Tues - Thurs - 4:30 p.m. - 10 p.m. Friday - 4:30p.m. - 1a.m. Saturday 6 p.m. - 10 p.m. Grill - open until 9 p.m. Happy Hour Tues - Fri 5:30 p.m. 7:30 p.m. Sat - 6 p.m. - 8 p.m. Up to 50% off &\$1 Domestic Draft. Open to authorized MWR patrons and their guests.

MISC.

PERSHING COMMUNITY CENTER
Bldg. 4109 Piney Hills Dr.
Fort Leonard Wood
(573) 329-6500

BlackJack Lounge - Casual Dining. Tues-Fri 4:30 p.m.- 9 p.m. Sat. - 6 p.m. - 9 p.m. Happy Hour: Tues - Fri 5:30 p.m. 7:30 p.m. Sat - 6 p.m. - 8 p.m. Open to authorized MWR patrons and their guests.

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SPORTSMEN'S CENTER

Bldg. 2282 Sportsmen Center Drive
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Open 7 days a week • 10am-6pm

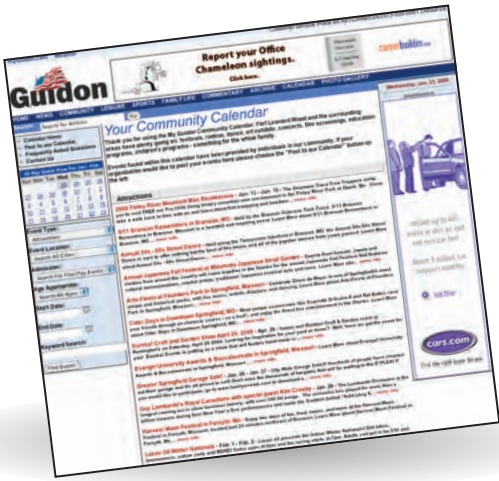
PINEY VALLEY GOLF COURSE

FLW20 (Water Intake Road)
(573) 329-4770
Open to the Public
Course open year round
Tuesday - Sunday 7 a.m. - Dusk

DAUGHERTY BOWLING CENTER*

Bldg. 1609 S. Dakota Ave., 596-1498
Sunday: Thursday 11am – 10pm*
Friday & Saturday: 11am – 12am**
Serving lunch & dinner
*Summer hours close at 9pm **Xtreme Bowl 1-pm – Midnight

Looking for something to do?
Check out the interactive community calendar
at the all-new myGuidon.com today!



You'll also find:

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All the local and national coverage you expect... Plus breaking news and more!
- Up-to-date weather forecasts
Weekly forecasts plus watches & warnings.
- Photo galleries
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- Interactive community calendar
Search 100's of activities throughout the region. Sign up and share your organization's events—Free.



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TV Top 20
Every Thursday
in FamilyLife



Waynesville CINEMA 8
Movie Hotline 774-6533
Tremont Center • City Route 66, Waynesville
www.bbtheatres.com

July 25 - July 31

✓X:FILES	PG-13
2:00 4:35 7:10 9:30	
✓STEP BROTHERS	R
2:30 4:45 7:00 9:15	
THE DARK KNIGHT	PG-13
1:45 2:15 5:00 5:30 8:10 9:00	
SPACE CHIMPS	G
2:45 4:55 7:10	
JOURNEY TO THE CENTER OF THE EARTH	PG
2:25 4:40 7:15 9:25	
HELLBOY 2	PG-13
7:05 9:40	
HANCOCK	PG-13
2:35 4:50 7:25 9:45	
WANTED	R
9:35	
WALL-E	G
1:50 4:15	

✓ - Denotes NO passes will be accepted.
() - Denotes Saturday & Sunday times only.

Comics and more!

Jenny the Military Spouse

By Julie L. Negron

The SCO Encounter

HEY, LOOK! SELF-CHECKOUT REGISTERS!

I'VE USED THESE AT WAL-MART AND ALBERTSON'S. THEY'RE SOOO EASY!

THE ONLY PROBLEM IS THAT THEY CAN BE...

...A LITTLE SENSITIVE!

SWEET! SWEET!

YOU'RE DOING IT WRONG!!

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Salome's Stars

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ARIES (March 21 to April 19) Your zeal for challenges usually works well for you. But this week it's best to avoid jumping into new situations without more information. Vital news emerges by the weekend.

TAURUS (April 20 to May 20) Once again, the Bovine's patience pays off as that pesky problem works itself out without taking too much of your valuable time. A new task opens interesting possibilities.

GEMINI (May 21 to June 20) Those suggestions you want to share need to be set aside for a while so you can focus on the job at hand. There'll be time later to put your ideas into a workable format.

CANCER (June 21 to July 22) Be sure about your sources before you use the information in any decision you reach about your new project. Some of the data might be out of date or misinterpreted.

LEO (July 23 to August 22) A sudden challenge might rattle you at first. But pump up that strong Lion's heart with a full measure of courage and face it with the continuing support of family and friends.

VIRGO (August 23 to September 22) Watch your expenses this week so you can have a financial cushion to fall back on should things tighten up later this month. Money matters ease by the 31st.

LIBRA (September 23 to October 22) Uncertainty over workplace policy creates anxiety and confusion among your colleagues. Don't be surprised if you're asked, once again, to help work things out.

SCORPIO (October 23 to November 21) The workweek keeps you busy tying up loose ends and checking data that needs to be verified. The weekend offers a chance to relax and restore your spent energies.

SAGITTARIUS (November 22 to December 21) This is not the best time to go to extremes to prove a point. Better to set a sensible goal now and move forward. There'll be time later to take the bolder course.

CAPRICORN (December 22 to January 19) A step-by-step progression is the better way to move ahead. Taking shortcuts could be risky at this time. Important news arrives on the 31st.

AQUARIUS (January 20 to February 18) Avoid getting drawn into workplace disputes that should be handled by those directly involved. Instead, spend your energy developing those new ideas.

PISCES (February 19 to March 20) You still need to be prudent about money matters. But things start to ease by the end of the week. A weekend encounter with an old friend brings welcome news.

BORN THIS WEEK: You handle challenging situations with boldness when necessary and caution when called for.



Check out Click and Clack every week. See AutoNews today!

Amber Waves

By Dave T. Phipps

GERALD, WHAT ARE YOU DOING?

TALKING TO THE PIGS.

OH REALLY, LET ME GUESS...THEY'RE HUNGRY?

THEY WERE...UNTIL I TOLD THEM ALL WHERE PORK COMES FROM.

WHY CAN'T YOU HAVE IMAGINARY FRIENDS LIKE OTHER KIDS?

The Spats

By Jeff Pickering

I WANT TO GET A HOME IMPROVEMENT LOAN.

OKAY...I'LL LEND YOU \$1000 TO MOVE OUT.

R.F.D.

By Mike Marland

MY APOLOGIES, BUCKSTER...

WHEN I BROUGHT YA TO OUR FARM I HAD NO IDEA WHAT YA MIGHT BE IN FOR!

HOW 'BOUT A PERM TO MAKE HIS MANE ALL NICE 'N WAVY?

YEAH! AND CAN WE PUT IN BOWS AND GLITTER?!

Popeye

By Hy Essman

POPEYE

HY ESSEMAN

HMM...NOT ENOUGH FOR THE TRACK OR LUNCH AT ROUGHHOUSE'S

AH THERE COMES MY GUARDIAN ANGEL...

HE'S ALWAYS GOOD FOR A TOUCH!

I FIND MYSELF IN A BIT OF A BIND...

...POPEYE, OLD CHUM, COULD YOU LEND ME TEN DOLLARS?

NO WAY, WIMPY!

IS THERE A REASON FOR THIS SUDDEN LACK OF GENEROSITY?

DON'TCHA READ THE PAPERS, YA SWAB?

...MONEY IS VERY TIGHT THESE DAYS...

...AN 'NOBODY...THAT'S INCLUDIN' BANKS AN' POPEYE...

...LENDS TIGHT MONEY!

WAIT...POPEYE!

WHAT'S YOUR FISCAL POLICY ON LOOSE CHANGE?

Junior Whirl

By Charles Barry Townsend

Junior Whirl

by Charles Barry Townsend

TIME FOR ANGER MANAGEMENT!

Try to keep from blowing your top while identifying these "anger" words. Each one contains the word IRE. Using the following hints, see if you can cool things down in less than five minutes.

- Having dreadful consequences.
- To be stuck in the mud.
- When you're connected to the Internet.
- Part of many churches.
- Loud noisemakers.
- To strive toward an end.
- Seen on summer evenings.
- To have refereed.

SIX OF ONE, HALF A DOZEN OF ANOTHER! You have 66 seconds to rearrange the numbers in the square so that the sum of any row, column or the two diagonals shall total 6.

Answer: Top row: 2, 3, 1. Middle row: 1, 2, 3. Bottom row: 3, 1, 2.

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

Answers: Antelope, Antelope, fathers, edition, caprice, bumpkin, able, date, kin, bump, lope, ion, edit, cap, bump, kin, able, date, kin, bump, lope.

Just Like Cats & Dogs

By Dave T. Phipps

I TELL YA CHUCK, I DON'T THINK YOUR PROBLEM WITH THE LADIES IS THE SHIRT, BUT I WOULD LOSE THE TICK COLLAR.

King Crossword

ACROSS

- Howl at the moon
- Wheat bundle
- Wintertime ailment
- Flow rock
- Greeting
- Rowboat propeller
- Wisconsin city
- Sister
- What kind of fool?
- Disappearing
- Bagpipe
- Transmit
- good deed
- Glut a glimpse of
- Don't just lose away
- Place of work
- Grimpy companion
- Bag-frame
- Right-hand page
- Small barrel
- Altar
- constellation
- Slow cargo
- Impish one
- Clark Kent's newspaper
- Moose's cousin
- Ring around

DOWN

- Acknowledge
- applause
- "We - not amused"
- "Certainty"
- Detective, slangily
- Chopper's
- the collar?
- Wisconsin city
- Listener
- Prophecy
- Paul
- Gorilla
- Islamic God
- Church seating
- landing site
- Right angle
- Pseudonym
- "Old Folks at Home"
- composer
- Wisconsin city
- Praise highly
- Coffee shop
- Darken then helps
- Individuals
- Small
- Visican VIP
- Wisconsin city
- Stirring pan
- Foot
- Teachale
- And others (Lat.)
- Olle's partner
- Blaire
- Black Sea port
- Overshore
- Luby's pal
- Firmament
- Entreaty
- Bound
- Morty, e.g.
- Space
- Time of your life?
- Present

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Weekly Sudoku

By Linda Thistle

6				7				4
			3	6				8
	1			5	9	7		
5	3			4				8
			1			8	4	
			2		6			3
	9					2		5
		7			8		9	
8				1				2

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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King Crossword Answers

Solution time: 25 mins.

L	A	M	A	P	I	N	A	B	E	L			
A	N	I	S	T	I	C	D	O	E	R	O	L	E
M	Y	S	T	I	Q	U	E	O	U	S	E		
B	A	C	O	N		D	U	S	T	E	R		
				R	A	C	K	P	E	I			
G	A	P	S		L	I	E	S		Q	E	D	
A	S	H		B	U	N	N	Y		U	F	O	
S	K	Y		R	E	D	O		B	E	T	H	
			S	E	A		A	L	A	E			
A	S	T	A	N	S				C	R	A	S	H
F	A	O	S		C	R	I	T	I	Q	U	E	
A	G	U	E		A	O	K		N	U	D	E	
R	E	E	D		M	O	E		G	A	S	P	

Weekly SODUKU Answer

6	5	8	2	7	3	1	9	4
9	7	3	6	1	4	2	8	5
2	1	4	8	5	9	7	6	3
5	3	9	4	2	7	6	1	8
7	6	1	5	3	8	4	2	9
4	8	2	9	6	1	5	3	7
3	9	6	7	4	2	8	5	1
1	2	7	3	8	5	9	4	6
8	4	5	1	9	6	3	7	2

Isn't it interesting that human knowledge and wisdom seem to peek at age 16?

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